

Leisure Times

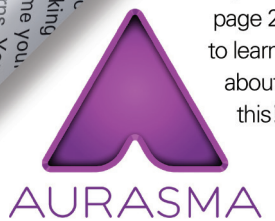
Summer 2014



Concord
NORTH CAROLINA
PARKS & RECREATION

Concord Park, pride in the community, receive and want you are continually working support. We welcome your questions or concerns. You can reach our office at 704.920.5600 or email at recreation@concordnc.gov.

You'll want to go to page 2 to learn about this!



Introducing



In this issue of Leisure Times, you will find the AURASMA icon next to photos indicating more information that can be found about a program or event.

AURASMA's image recognition technology uses a smartphone's or tablet's camera to recognize images and then play a corresponding message, video or link.

To use this magical app, go to your mobile phone's App Store and download the Aurasma App to your phone.



Learn about our new summer program



- 1 The first step is to follow the Concord Parks and Rec channel:
- open the AURASMA app
 - select search from the bottom menu
 - type in **Concord Parks and Rec** (then click 'search')
 - select the appropriate Concord Parks and Rec channel from the list
 - click the 'Follow' button

- 2 Now you're ready to use AURASMA in this issue of Leisure Times

When you find a photo with  next to it:

- hover your phone's camera over the image
- select view from the bottom menu
- keep holding your phone over the picture to see the message (it may take a moment for the message to load)



City of Concord Parks & Recreation exists to provide recreation services, parks and facilities that enrich the lives of all residents and promote the opportunity for a healthy lifestyle.

A message from the director...

Providing quality programming and services, a safe, aesthetically pleasing



Bob Dowless

greenway and park system is the commitment we make every day to the families and residents of Concord. We take great pride in providing services that enhance quality of life and we strive to make our community a great place to live.

I hope you have the opportunity to get outdoors and walk the greenway, visit one of our parks, experience one of our special events, visit one of our community centers, and participate in a recreational class or program.

Concord Parks & Recreation takes great pride in the community support we receive and want you to know that we are continually working to earn your support. We welcome your comments, questions or concerns. You can reach our office at 704.920.5600 or email us at recreation@concordnc.gov.

Adult Athletics

Concord Parks and Recreation currently offers two different adult sports activities, softball and basketball. Teams enter the league pre-formed. Seasons consist of 10 regular season games and 1 single elimination tournament game. Contact 704.920.5617 for more information or visit our website at www.concordparksandrec.org.

ADULT SOFTBALL – SPRING AND FALL

Divisions: Church, Open, Co-ed and Women's

Registration: Spring: March 1 – 31
Fall: August 1 – 31

Playing Season: Spring: April – June
Fall: September – November

Fee: \$375

ADULT CO-ED FLAG FOOTBALL – FALL

Registration: Fall: August 1 – 31

Playing Season: Fall: October – December

Fee: \$375

ADULT CO-ED KICKBALL – SPRING

Registration: March 1 – 31

Playing Season: April – June

Fee: \$375

TENNIS

Known as "the sport of a lifetime", tennis directly impacts a person's health and quality of life. Tennis is a family-friendly sport, which not only provides a great aerobic workout, but also teaches values such as teamwork, sportsmanship, fair play, and discipline. Contact Tennis Coordinator, Chad Oxendine, AMP Tennis, LLC at 704.806.0909 for all your tennis needs. www.amptennis.com.

Athletics

COUCH TO 5K CHALLENGE

City of Concord Parks & Recreation is taking the wellness program to the next level with the COUCH TO 5K CHALLENGE.

This group training and exercise program is designed to encourage, motivate and challenge the individual to compete with his/her peers. No running experience is necessary. The final goal is to run the Streetlight 5K on 7/11 or the 5 Alarm 5K on 11/1, (registration fee required).

Days: Tuesday & Thursday 6:30 p.m.

SESSION I: 5/6 – 7/8 Activity #6014.114

SESSION II: 8/26 – 10/28 Activity #6015.214

Registration Fee: \$15

Location: Dorton Park



GOLF

ROCKY RIVER GOLF CLUB AT CONCORD

Register with Rocky River Golf Club:
704.455.1200, ext: 2

PRIVATE LESSONS AVAILABLE

With our PGA Instructors, by
appointment.

ADULT CLINIC

Includes instruction and range balls.

Day: Friday 5:30 – 6:45 p.m.

SESSION I: 6/6, 6/13, 6/20 & 6/27

SESSION II: 7/11, 7/18, 7/25 & 8/1

Fee: \$95

LADIES CLINIC

*Includes instruction and range balls
for 4 sessions.*

Day: Thursday 5:30 – 6:30 p.m.

SESSION I: 5/6, 5/13, 5/20 & 5/27

SESSION II: 6/10, 6/17, 6/24 & 7/1

SESSION III: 7/22, 7/29, 8/5 & 8/12

Fee: \$95



LAKE FISHER

Begin your outdoor adventure today at Lake Fisher Reservoir. Lake Fisher is 3 miles in length and consists of 534 acres. In addition to providing water to the City of Concord, Lake Fisher gives the community an opportunity to enjoy the fun of fishing for the family. The lake supports a healthy sport fishery consisting of largemouth bass, crappie, channel catfish and several panfish species. All fishing at Lake Fisher must be from a boat; we provide the boats for a rental fee, boat motors are allowed but not provided. The acceptable motors are electric trolling motors and no larger than 10 horsepower gas motors. Life jackets and oars are available with boat rental. The lake is operated seasonally from 3/5 through 11/9.

HOURS OF OPERATION

Monday & Tuesday:

Closed

Wednesday – Saturday:

7:00 a.m. – 3:00 p.m.

Sunday:

1:00 p.m. – 6:00 p.m.

BOAT RENTAL FEES (per person)

Adult:

\$10; \$5 City of Concord resident fee

Senior Adult (60 or older):

\$8; \$5 City of Concord resident fee

Youth (12-16):

\$8; \$5 City of Concord resident fee

ROAD RACES

Races will begin and end on Means Avenue (beside the Historic Courthouse) in downtown Concord, run on the McEachern Greenway and the Downtown Connector Greenway.



STREETLIGHT 5K

Activity #6001.214

Day: Friday, 7/11

7:30 p.m.

6:00 p.m. Pre-registration

7:00 p.m. Fun Run begins

7:30 p.m. 5K begins

Fee: \$15 Early Registration
until 7/4

\$20 Race Day

Southern rock band Watts Left
will perform from 6 – 9 p.m.

Awards given to overall male and female and to the top three male and female finishers in each age group: 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75 and over.

Call 704.920.5619 for a
registration form or
download one from our
website. Online registration
is available at
www.concordparksandrec.org

**Nov
1**

Mark your
calendar
for the next
race:
5 Alarm 5K

Youth Athletics

BASEBALL, BASKETBALL, SOFTBALL & SOCCER

3&4 Instructional Clinic

Designed to introduce players to organized sports. Rules are simplified, team rosters are reduced, and playing season is compacted to allow maximum exposure in a limited time frame. (All games and practices in this division are on Tues and Thurs nights.)

5&6, 7&8 Division

Begins developing fundamentals for each specific sport. Rules are modified to present the optimum playing experience for novice participants. (Practices and games are on week nights or Saturdays.)

9&10 Division

Builds on basic fundamentals of given sport. Rules are slightly modified to present optimum playing experience for participants with limited exposure. (Practices and games are on week nights or Saturdays.)



11&12 and 13-15 Divisions

Designed to promote teamwork, sportsmanship and advance fundamental development. No rule modifications. (Practices and games are on week nights or Saturdays.)

ACTIVITY SCHEDULE:

Activity	Description	Age Group	Age As Of	Registration Dates	Playing Season
Baseball	T-Ball Co-Ed	3&4	May 1, 2015	January 1-31	March-June
Baseball	Coach Pitch Co-Ed	5&6	May 1, 2015	January 1-31	March-June
Baseball	Coach Pitch Boys	7&8	May 1, 2015	January 1-31	March-June
Baseball	Boys	9&10, 11&12, 13-15	May 1, 2015	January 1-31	March-June
Softball	Coach Pitch Girls	7&8	January 1, 2015	January 1-31	March-June
Softball	Girls	9&10, 11&12, 13-15	January 1, 2015	January 1-31	March-June
Soccer	Instructional Clinic	3&4	August 1, 2014	June 1-30	August-November
Soccer	Co-Ed	5&6	August 1, 2014	June 1-30	August-November
Soccer	Co-Ed	7&8, 9&10, 11&12, 13-15	August 1, 2014	June 1-30	August-November
NEW Fall 2014	Softball	Coach Pitch Girls	7&8	August 1, 2014	September-November
	Softball	Girls	9&10, 11&12, 13-15	August 1, 2014	September-November
	Baseball	Coach Pitch Baseball	7&8	August 1, 2014	September-November
	Baseball	Baseball	9&10, 11&12, 13-15	August 1, 2014	September-November
	Basketball	Instructional Clinic	3&4	August 31, 2014	November-March
	Basketball	Co-Ed League	5&6	August 31, 2014	November-March
	Basketball	Boys & Girls	7&8	August 31, 2014	November-March
	Basketball	Boys	9&10, 11&12, 13-15	August 31, 2014	November-March
	Basketball	Girls	9&10, 11&12, 13-15	August 31, 2014	November-March
	Basketball	Girls	9&10, 11&12, 13-15	August 31, 2014	November-March

GOALS OF THE PROGRAM:

- To build the child's self esteem
- To teach the skills of the game
- To build good relations among peers (also between parents & children)
- To create a fun atmosphere

PRACTICE AND GAME SCHEDULE:

Practice times established by the coaches according to their schedule and availability of facilities.

REMEMBER:

- Fun is first!
- Your child has the opportunity to play in each game
- Instruction before competition
- No league or individual standings
- No trophies for "Winners Only"
- Trophies and awards not provided

REGISTRATION:

You may register at any of the following locations or on our web site at www.concordparksandrec.org.

Between 8:00 – 5:00 p.m. during open registration periods.

Academy Recreation Center

147 Academy Avenue, Concord
704.920.5601

Hartsell Recreation Center

60 Hartsell School Road, Concord
704.920.5602

Logan Multipurpose Center

184 Booker St. SW Concord
704.920.5603

Coaches and sponsors are needed for all sports!!

Please contact Athletics at 704.920.5600 to discuss opportunities.

Youth Athletics

REGISTRATION FORM:

PLEASE PRINT

Player's Name _____
(Last Name) (First Name) (Middle Name)

Address _____
(Street) (City) (Zip)

Home Phone _____ Work Phone _____

Cell Phone _____ Do you want to receive texts? Yes ☐ No ☐

Email Address _____

Date of Birth _____ Age _____ Male ☐ Female ☐

Please bring copy of birth certificate when registering.

What school does your child attend? _____

Please list any disabilities that need special attention: _____

Registration Fee:

Checks should be made payable to **City of Concord**

- ☐ Instructional Clinics (3-4) \$30.00
☐ City of Concord Resident* (\$30.00 Registration Fee)
☐ Non City Resident (\$50.00 Registration Fee)

Please indicate where you prefer to play:

- ☐ Concord Parks & Recreation Leagues
☐ Southwest Cabarrus Athletic Association
☐ Hartsell Athletic Association
☐ No preference

*City of Concord Resident indicates that applicant resides within the City Limits of Concord.

All applications subject to verification.

Sorry, no refunds can be made after first game is played.

Our programs are dependent upon volunteer coaches. Are you as a parent willing to help coach a team

If needed? Yes ☐ No ☐ Maybe ☐ _____

PARENTAL CONSENT INFORMATION:

Must be signed for applicant to participate.

We/I, the parent(s) or guardian have given permission for _____ to participate in the Youth Athletic Program sponsored by CITY OF CONCORD PARKS AND RECREATION.

As parent or guardian of above participant, I hereby give consent for any emergency treatment as approved by his/her coach or other adult escort, in case of illness or injury while participating in this athletic program. I understand that this is to prevent undue delay and assure prompt treatment and that only a licensed physician will be engaged for such an emergency. Parents will be notified in case of serious illness or injury as quickly as they can be reached, but this will make immediate treatment possible.

Concord Parks and Recreation, its staff, facilities and instructors will not be held responsible for any injury or loss that might occur in the course of this program. Photos may be taken of my child for departmental use. I verify that I have read and fully understand the above information.

Signature of Parent/Guardian

PRINTED Name of Parent/Guardian

Date

Youth Athletics

ACTIVITY:

Please indicate age group within activity:

Basketball

☐ Instructional Clinic Co-Ed 3-4
☐ Co-Ed 5-6
☐ Boys 7-8 ☐ Girls 7-8
☐ Boys 9-10 ☐ Girls 9-10
☐ Boys 11-12 ☐ Girls 11-12
☐ Boys 13-15 ☐ Girls 13-15

Spring Baseball/Softball

☐ Instructional T-Ball Co-Ed 3-4
☐ Coach Pitch Co-Ed 5-6
☐ Boys 7-8 (CP) ☐ Girls 7-8 (CP)
☐ Boys 9-10 ☐ Girls 9-10
☐ Boys 11-12 ☐ Girls 11-12
☐ Boys 13-15 ☐ Girl 13-15

Soccer

☐ Instructional Clinic Co-Ed 3-4
☐ Co-Ed 5-6
☐ Co-Ed 7-8
☐ Co-Ed 9-10
☐ Co-Ed 11-12
☐ Co-Ed 13-15

Fall Baseball/Softball

☐ Boys 7-8 (CP) ☐ Girls 7-8 (CP)
☐ Boys 9-10 ☐ Girls 9-10
☐ Boys 11-12 ☐ Girls 11-12
☐ Boys 13-15 ☐ Girl 13-15

NEW
2014

UNIFORM SIZES :

Please check size of one t-shirt and one pair of shorts.

T-Shirts:

☐ Youth X- Small ☐ Youth Small ☐ Youth Medium ☐ Youth Large
☐ Adult Small ☐ Adult Medium ☐ Adult Large ☐ Adult XL ☐ Adult XXL

Shorts:

NA for Baseball

☐ Youth X-Small ☐ Youth Small ☐ Youth Medium ☐ Youth Large
☐ Adult Small ☐ Adult Medium ☐ Adult Large ☐ Adult XL ☐ Adult XXL

SPECIAL REQUESTS:

Please note that all requests can not be honored, but we will attempt to honor your requests if feasible.
The rosters will be locked after the draft is complete. No switching teams after the draft is complete.

REGISTRATION FEE:

Registration fee: \$30.00 for City of Concord Residents; \$50.00 registration fee for all other participants.

Please make all checks payable to: CITY OF CONCORD.

For further information, please call: **704.920.5617** or **704.920.5618**.
Or email: **recreation@concordnc.gov**

For Office Use Only:

Receipt # _____ Cash/Check # _____ Amount \$ _____ Date _____
NOTES:

Youth Athletics

TENNIS

10 & UNDER TENNIS

10 & Under Tennis (formally known as Quick Start Tennis) is an exciting new play format for learning tennis, designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size. Group lessons for ages 5-10.

Instructor: Chad Oxendine, AMP Tennis, LLC

Day: Saturday 9:00 – 10:00 a.m.

SESSIONS:

May: 3, 10, 17, 24	Activity #6068.114
June: 7, 14, 21, 28	Activity #6069.114
July: 12, 19, 26, 8/2	Activity #6070.214
August: 9, 16, 23, 30	Activity #6071.214



Contact tennis coordinator, Chad Oxendine, AMP Tennis, LLC at 704.806.0909 for all your tennis needs. www.amptennis.com

Fee per group session: \$25; \$5 city resident discount

Location: Les Myers Park Tennis Courts 1-6



YOUTH GOLF

ROCKY RIVER GOLF CLUB AT CONCORD

Register with Rocky River Golf Club: 704.455.1200, ext: 2.

JUNIOR CAMP

Includes instruction, range balls and prizes. Clubs will be provided if needed!

Fee per session: \$124

BEGINNER

Monday – Thursday

June 24 – 27

9:00 – 11:00 a.m.

NOVICE & UP

Monday – Thursday

July 14 – 27

9:00 – 11:00 a.m.

ALL LEVELS

Monday – Thursday

August 4 – 7

9:00 – 11:00 a.m.



Coaches and sponsors are needed for all sports!!

Please contact Athletics at 704.920.5600 to discuss opportunities.

Recreation Centers

Concord Parks & Recreation has three recreation centers, Academy, Hartsell and Logan that provide a variety of recreational opportunities to the public. Each center offers billiards, foosball, air hockey and free-play in the gymnasium. Weight rooms, available to men and women, are equipped with machines, free weights and cardiovascular equipment. Content/schedule dates may be subject to change. Meeting rooms are available to the public. Fee based on usage.

ACADEMY RECREATION CENTER

147 Academy Avenue NW
Frances Bost, Center Supervisor
704.920.5601

Information for Beverly Hills Park,
Academy Park, Les Myers Park,
J. W. "Mickey" McGee Park, Harold B.
McEachern Greenway and The Village
Greenway

TRIP TO CONCORD AIRPORT

Activity #1002.114

Ages 5-12. Let's tour the airport and see all kinds of airplanes. Bring your bag lunch because on the way back we'll stop at Dorton Park for a picnic. Parent/guardian must also register with each child. No fee. We will depart from Academy Recreation Center.

Day: Wednesday, 6/11

Pre-register by Friday, 6/6
9:30 a.m. – 3:00 p.m.

FATHER'S DAY CRAFT ACTIVITY

Activity #1201.114

Ages 3-12. Let's make a handy-man craft for dad just in time for Father's Day. Snacks provided. No fee.

Day: Friday, 6/13

Pre-register by 6/9
3:00 – 4:30 p.m.

FRIDAY FAMILY FUN DAY

Come and enjoy the gym with family and friends playing basketball, air hockey, pool, foosball and other games. No fee. Staff supervised.

Day: Friday, 7/18

6:15 – 7:15 p.m.

HARTSELL RECREATION CENTER

60 Hartsell School Road
Martha Hagood, Center Supervisor
704.920.5602

Information for Hartsell Park and James
L. Dorton Park

CROCHET

Ages 9 and up. Let's start making a blanket, hat or whatever you might like to learn to crochet. This class is for beginners and must bring own yarn and crochet hook.

Instructor: Deetra Ragan

Days: Monday & Tuesday

6/2 – 6/30

6:00 – 7:00 p.m.

WALKING CLASS

Self-instructed class offers fat burning, muscle conditioning and stretching. Class will not meet on holidays or election day. No fee.

MORNING class: Continual

Days: Monday, Wednesday & Friday

9:15 – 10:20 a.m.

EVENING class: Continual

Days: Monday, Tuesday & Wednesday

4:00 – 5:00 p.m.

BILL'S END OF SCHOOL COOKOUT

Ages 6-17. Oh, yea! It's the end of the school year and it's time to celebrate. What better way than to enjoy Bill's grilled hot dogs and hamburgers. Food and fun! No fee.

Day: Friday, 6/13

5:00 – 8:00 p.m.

Location: Hartsell Recreation Center

BINGO WITH BILL

Ages 6-12. Come to the center and play bingo with Bill. Bring your friends or meet new ones while you share the fun of winning prizes. No fee.

Day: Thursday

8/1, 8/8, 8/15, 8/22 & 8/29

5:00 – 5:30 p.m.

TRIP TO ASHEBORO ZOO

Activity #1001.214

For ages 6-12 only!! Let's go see all the wonderful animals at the Asheville Zoo! Pack a bag lunch and ride with us on the bus. 30 max. participants. Staff supervised.

Day: Friday, 8/22

Bus departs 9:00 a.m.;
returns 5:00 p.m.

Register at any recreation center but bus will depart from Hartsell Rec Center.

Fee: \$10.00 per child 6-12 years of age
Transportation for children and staff.
Parents are welcome to meet us at the zoo.



RECREATION CENTERS HOURS OF OPERATION

Monday-Friday: 8:00 a.m. – 8:00 p.m. | **Saturday:** 12:00 noon – 5:00 p.m. | **Sunday:** CLOSED

Holidays: 12:00 noon – 6:00 p.m. | **CLOSED:** Thanksgiving & Christmas

Recreation Centers

BALLET

Ages 3 and up. Students will learn ballet principles, body position, carriage and posture through movement using a variety of music.

Instructor: Tuwanna McNeely

Days: Tuesday & Thursday

7:30 – 8:00 p.m.

SESSION I: Activity #1043.114

6/3 – 6/26

SESSION II: Activity #1044.214

7/8 – 7/31

SESSION III: Activity #1045.214

8/12 – 9/4

Fee per session: \$25; \$5 city resident discount



HARTSELL KARATE CLUB

Ages 3 and up. Learn to kick, block, punch and strike.

Instructor: James Reid

Days: Monday & Wednesday

6:30 – 8:00 p.m.

SESSION I: Activity #1027.114

6/2 – 6/25

SESSION II: Activity #1028.214

7/7 – 7/30

SESSION III: Activity #1029.214

8/4 – 8/27

Fee per session: \$25; \$5 city resident discount

SOUTHWEST KARATE ACADEMY

Age 4 and up learn how to defend themselves, gain confidence and get in shape. No fee. Contact Tony Moody at 704.701.1346 for additional information.

Days: Tuesday & Thursday

Continual

5:30 p.m. – Ages 4 & 5

6:00 p.m. – Ages 6-10

7:00 p.m. – Ages 11 & up



BASKETBALL FUNDAMENTALS

Ages 5-15. Learn the basics: dribbling, passing and shooting. No fee.

Days: Monday, Wednesday & Friday

6/2 – 8/8

3:30 – 5:00 p.m.

STORY TIME

For ages 3-9. Enjoy a book read to you from our collection. Light refreshments.

Day: Every other Thursday

6/24 – 8/5

2:00 p.m.

KEEP IT MOVING

Basic exercise for adults, such as, stretching, push ups, sit ups, weight lifting and dummy punching. No fee. Staff supervised.

Days: Wednesday & Friday

Continual

9:00 – 10:00 a.m.

WALKING PROGRAM

Men and women are invited to join us for light walking exercise that will burn fat, get you in shape and condition. No fee. Staff supervised.

Days: Tuesday & Thursday

Continual

9:00 – 10:00 a.m.

YOUTH BINGO DAYS

Ages 4-15. Come out and try your luck at playing bingo. Prizes will be given away. No fee.

Days: Tuesday & Thursday

8/19 & 8/21

2:00 p.m.



FOOSBALL TOURNAMENT

Ages 12-16. Come out to see who is the best foosball player around. No fee.

Day: Wednesday, 7/9

12:30 p.m.



MOVIE & SNACK DAY FOR KIDS

Bring your friends to watch kid-friendly movies and enjoy the snacks. No fee.

Day: Friday, 6/27, 7/25, 8/22

2:00 p.m.

FUN TIME IN THE GYM

For adults with special needs, enjoy light exercise in the gym and arts & crafts. No fee.

Day: Wednesday, 8/6 – 8/27

3:00 p.m.

KARATE ADULT CLASS

Age 20 and older. This morning class offers Okinawa instruction in the art of block, punch and kick. Contact Tony Moody for additional information.

Days: Tuesday & Thursday

9:30 – 10:30 a.m.

SESSION I: Activity #1040.114

6/3 – 6/26

SESSION II: Activity #1041.214

7/8 – 7/31

SESSION III: Activity #1042.214

8/5 – 8/28

Fee per session: \$35; \$5 city resident discount

LOGAN MULTI-PURPOSE CENTER

184 Booker Street SW
Rodney Smith, Center Supervisor
704.920.5603
Information for Caldwell Park and W. W. Flowe Park

COLORING DAY

Ages 3-12. Come be creative with crayons and markers whether it's drawing a picture or coloring. Refreshments provided. No fee. Staff supervised.

Day: Every Other Monday

6/2 – 8/25

3:30 p.m.

Aquatics

ADULT WATER AEROBICS

The cool way to stay fit during the summer. Join instructor Lee Campbell in a fun and invigorating fitness program. Wear Aqua Shoes.

Days: Monday & Wednesday

7:00 – 7:45 p.m.

SESSION I: Activity #6111.114

6/2 – 6/25

Fee: \$28; \$5 city resident discount

SESSION II: Activity #6112.114

7/7 – 8/6

Fee: \$34; \$5 city resident discount

BOTH SESSIONS: Activity #6110.214

Fee: \$50; \$5 city resident discount

GUARDSTART TRAINING

Activity #2132.214

Ages 11-14. This junior lifeguard class is designed to prepare 11-14 year olds to take the American Red Cross Lifeguard certification program. This program helps participants build the foundation of knowledge, attitudes and skills needed to become responsible lifeguards. Lessons are grouped into five main areas: prevention, fitness, response, leadership and professionalism. Level 5 or higher swimming ability is required.

Days: Monday – Friday

7/7 – 7/11

9:30 – 11:30 a.m.

Fee: \$40; \$5 city resident discount

SWIM LESSONS

Registration will open 3/24. We use the American Red Cross Learn to Swim program.

PARENT/CHILD LESSONS

Ages 18 months - 2 years. Classes meet for 30 minutes Monday – Thursday for one week. Parents will be in the water with their children. Fee: \$20; \$5 city resident discount



GROUP LESSONS

Ages 3 and up. Lessons are divided from PreSchool through Level 6. More specific information regarding levels are located on our website at www.concordparksandrec.org or by calling Dawn Simpson at 704.920.5617.

Date: Monday – Thursday

6/2 – 8/14;

No classes 6/30 – 7/3

Morning and evening for two weeks per session (except Session I)

Fee: \$40; \$5 city resident discount

PRE-SCHOOL: These classes are for 3 and 4 year olds with little or no experience in the water. If your child has experience in the water he/she may register for the appropriate Level 1 or 2 class.

LEVEL 1: Students with minimal water experience will be asked to put their face in the water and begin to experience floating on their front and back with support. They will also learn alternating arm action.

LEVEL 2: Students will begin floating on their own and by the completion of the level will be able to swim 5 yards on their front and back.

LEVEL 3: Front crawl, back crawl and elementary backstroke will be introduced and practiced. Students will also learn how to tread in deep water.

LEVEL 4: Deep water swimming at longer distances is practiced. To pass this level the student must be able to swim 25 yards crawl stroke using rotary breathing as well as 25 yards of backstroke.

LEVELS 5 & 6: Upper level classes cater to the experienced swimmer. Breaststroke, sidestroke and butterfly will be learned and endurance will be increased. This is great preparation for GuardStart or a Lifeguard Class.

PUBLIC SWIM AT MCINNIS AQUATIC CENTER

Swimming is open to the general public. Patrons must purchase a Privilege Pass ID or Season Pass in order to swim. The Aquatic Center will open for Memorial Day weekend, 5/24 – 5/28 and will be open weekends only until 6/14. The pool is open daily from 6/14 – 8/16.

HOURS FOR PUBLIC SWIM

Mon – Thurs: 1:00 – 5:00 p.m.

Friday: 9:00 – 11:00 a.m.
(SENIOR SWIM ONLY)

Friday: 12:00 – 6:00 p.m.

Saturday: 12:00 – 6:00 p.m.

Sunday: 1:00 – 5:00 p.m.

Fee: \$10 Individual Privilege Pass (first visit only); \$5 city resident discount
\$30 Family Privilege Pass (first visit only); \$15 city resident discount
Daily Swim fee (each): \$1.50 Youth; \$2.50 Adults

SEASON PASS

\$55.00 Individual Season Pass; \$10 city resident discount
\$100 Family Season Pass; \$25 city resident discount

INDIVIDUAL LESSONS

Scheduled on an individual basis, lessons last 30 minutes. For more information or to schedule a lesson contact the pool manager after 6/14 at 704.785.8105.

Fee per class: \$20; \$5 city resident discount

ADULT LESSONS

Days: Tuesday & Thursday

7:00 – 7:45 p.m.

SESSION I: Activity #2067.214

6/3 – 6/26

SESSION II: Activity #2068.214

7/8 – 7/31

Fee per session: \$40; \$5 city resident discount



Aquatics/Swim Lessons

SESSION 1

Level	Dates	Time	Day	Activity #
PreSchool	6/2 - 6/12	5:45 PM	Mon - Thurs	2009.214
1	6/2 - 6/12	5:45 PM	Mon - Thurs	2011.214
2	6/2 - 6/12	5:45 PM	Mon - Thurs	2003.214
3	6/2 - 6/12	5:45 PM	Mon - Thurs	2004.214
4	6/2 - 6/12	5:45 PM	Mon - Thurs	2005.214
5 & 6	6/2 - 6/12	5:45 PM	Mon - Thurs	2006.214
Aerobics	6/2 - 6/25	7:00 PM	Mon & Wed	6111.114
Adult Lesson	6/3 - 6/26	7:00 PM	Tue & Thur	2067.214



SESSION 2

Level	Dates	Time	Day	Activity #
Parent/Child	6/16 - 6/19	10:45 AM	Mon - Thurs	2013.214
Parent/Child	6/16 - 6/19	5:45 PM	Mon - Thurs	2016.214
PreSchool	6/16 - 6/26	9:15 AM	Mon - Thurs	2008.214
PreSchool	6/16 - 6/26	11:30 AM	Mon - Thurs	2014.214
1	6/16 - 6/26	9:15 AM	Mon - Thurs	2209.214
1	6/16 - 6/26	10:00 AM	Mon - Thurs	2211.214
1	6/16 - 6/26	5:45 PM	Mon - Thurs	2217.214
2	6/16 - 6/26	9:00 AM	Mon - Thurs	2018.214
2	6/16 - 6/26	10:00 AM	Mon - Thurs	2023.214
2	6/16 - 6/26	10:00 AM	Mon - Thurs	2024.214
2	6/16 - 6/26	11:00 AM	Mon - Thurs	2028.214
2	6/16 - 6/26	11:00 AM	Mon - Thurs	2029.214
2	6/16 - 6/26	5:45 PM	Mon - Thurs	2033.214
2	6/16 - 6/26	5:45 PM	Mon - Thurs	2034.214
3	6/16 - 6/26	9:00 AM	Mon - Thurs	2019.214
3	6/16 - 6/26	10:00 AM	Mon - Thurs	2025.214
3	6/16 - 6/26	11:00 AM	Mon - Thurs	2030.214
3	6/16 - 6/26	5:45 PM	Mon - Thurs	2035.214
4	6/16 - 6/26	10:00 AM	Mon - Thurs	2026.214
4	6/16 - 6/26	11:00 AM	Mon - Thurs	2032.214
4	6/16 - 6/26	5:45 PM	Mon - Thurs	2036.214
4 & 5	6/16 - 6/26	9:00 AM	Mon - Thurs	2020.214
5 & 6	6/16 - 6/26	10:00 AM	Mon - Thurs	2027.214
5 & 6	6/16 - 6/26	5:45 PM	Mon - Thurs	2037.214
5 & 6	6/16 - 6/26	9:00 AM	Mon - Thurs	2022.214
6	6/16 - 6/26	11:00 AM	Mon - Thurs	2021.214

SESSION 3

Level	Dates	Time	Day	Activity #
Parent/Child	7/7 - 7/10	10:45 AM	Mon - Thurs	2043.214
PreSchool	7/7 - 7/17	9:15 AM	Mon - Thurs	2038.214
PreSchool	7/7 - 7/17	10:00 AM	Mon - Thurs	2040.214
PreSchool	7/7 - 7/17	11:30 AM	Mon - Thurs	2044.214
PreSchool	7/7 - 7/17	5:45 PM	Mon - Thurs	2046.214
1	7/7 - 7/17	9:15 AM	Mon - Thurs	2039.214
1	7/7 - 7/17	10:00 AM	Mon - Thurs	2041.214
1	7/7 - 7/17	11:30 AM	Mon - Thurs	2045.214
1	7/7 - 7/17	5:45 PM	Mon - Thurs	2047.214
2	7/7 - 7/17	9:00 AM	Mon - Thurs	2048.214
2	7/7 - 7/17	10:00 AM	Mon - Thurs	2053.214
2	7/7 - 7/17	10:00 AM	Mon - Thurs	2054.214
2	7/7 - 7/17	11:00 AM	Mon - Thurs	2058.214
2	7/7 - 7/17	11:00 AM	Mon - Thurs	2059.214
2	7/7 - 7/17	5:45 PM	Mon - Thurs	2063.214
2	7/7 - 7/17	5:45 PM	Mon - Thurs	2064.214
3	7/7 - 7/17	9:00 AM	Mon - Thurs	2049.214
3	7/7 - 7/17	10:00 AM	Mon - Thurs	2055.214
3	7/7 - 7/17	11:00 AM	Mon - Thurs	2060.214
3	7/7 - 7/17	5:45 PM	Mon - Thurs	2065.214
4	7/7 - 7/17	11:00 AM	Mon - Thurs	2061.214
4	7/7 - 7/17	9:00 AM	Mon - Thurs	2050.214
4	7/7 - 7/17	10:00 AM	Mon - Thurs	2056.214
4	7/7 - 7/17	5:45 PM	Mon - Thurs	2066.214
4 & 5	7/7 - 7/17	11:00 AM	Mon - Thurs	2062.214
5 & 6	7/7 - 7/17	10:00 AM	Mon - Thurs	2267.214
5 & 6	7/7 - 7/17	5:45 PM	Mon - Thurs	2167.214
6	7/7 - 7/17	9:00 AM	Mon - Thurs	2051.214
Guard-Start	7/7 - 7/11	9:30 AM	Mon - Fri	2132.214
Aerobics	7/7 - 8/6	7:00 PM	Mon & Wed	6112.114
Adult Lesson	7/8 - 7/31	7:00 PM	Tue & Thur	2068.214

SESSION 4

Level	Dates	Time	Day	Activity #
Parent/Child	7/21 - 7/24	10:45 AM	Mon - Thurs	2074.214
Parent/Child	7/21 - 7/24	5:45 PM	Mon - Thurs	2077.214
PreSchool	7/21 - 7/31	9:15 AM	Mon - Thurs	2069.214
1	7/21 - 7/31	9:15 AM	Mon - Thurs	2070.214
1	7/21 - 7/31	10:00 AM	Mon - Thurs	2071.214
1	7/21 - 7/31	10:00 AM	Mon - Thurs	2072.214
1	7/21 - 7/31	11:30 AM	Mon - Thurs	2076.214
1	7/21 - 7/31	5:45 PM	Mon - Thurs	2078.214
2	7/21 - 7/31	9:00 AM	Mon - Thurs	2079.214
2	7/21 - 7/31	10:00 AM	Mon - Thurs	2084.214
2	7/21 - 7/31	10:00 AM	Mon - Thurs	2085.214
2	7/21 - 7/31	11:00 AM	Mon - Thurs	2089.214
2	7/21 - 7/31	11:00 AM	Mon - Thurs	2090.214
2	7/21 - 7/31	5:45 PM	Mon - Thurs	2094.214
3	7/21 - 7/31	9:00 AM	Mon - Thurs	2080.214
3	7/21 - 7/31	10:00 AM	Mon - Thurs	2086.214
3	7/21 - 7/31	11:00 AM	Mon - Thurs	2091.214
3	7/21 - 7/31	5:45 PM	Mon - Thurs	2096.214
4	7/21 - 7/31	9:00 AM	Mon - Thurs	2081.214
4	7/21 - 7/31	10:00 AM	Mon - Thurs	2087.214
4	7/21 - 7/31	11:00 AM	Mon - Thurs	2093.214
4	7/21 - 7/31	5:45 PM	Mon - Thurs	2097.214
5	7/21 - 7/31	11:00 AM	Mon - Thurs	2092.214
5 & 6	7/21 - 7/31	9:00 AM	Mon - Thurs	2082.214
5 & 6	7/21 - 7/31	5:45 PM	Mon - Thurs	2098.214

SESSION 5

Level	Dates	Time	Day	Activity #
Parent/Child	8/4 - 8/7	10:45 AM	Mon - Thurs	2104.214
PreSchool	8/4 - 8/14	9:15 AM	Mon - Thurs	2099.214
PreSchool	8/4 - 8/14	10:00 AM	Mon - Thurs	2101.214
PreSchool	8/4 - 8/14	5:45 PM	Mon - Thurs	2107.214
1	8/4 - 8/14	9:15 AM	Mon - Thurs	2100.214
1	8/4 - 8/14	9:15 AM	Mon - Thurs	2151.214
1	8/4 - 8/14	10:00 AM	Mon - Thurs	2102.214
1	8/4 - 8/14	11:30 AM	Mon - Thurs	2106.214
1	8/4 - 8/14	5:45 PM	Mon - Thurs	2108.214
2	8/4 - 8/14	9:00 AM	Mon - Thurs	2189.214
2	8/4 - 8/14	9:00 AM	Mon - Thurs	2109.214
2	8/4 - 8/14	10:00 AM	Mon - Thurs	2114.214
2	8/4 - 8/14	10:00 AM	Mon - Thurs	2115.214
2	8/4 - 8/14	11:00 AM	Mon - Thurs	2119.214
2	8/4 - 8/14	11:00 AM	Mon - Thurs	2120.214
2	8/4 - 8/14	5:45 PM	Mon - Thurs	2124.214
2	8/4 - 8/14	5:45 PM	Mon - Thurs	2125.214
3	8/4 - 8/14	9:00 AM	Mon - Thurs	2110.214
3	8/4 - 8/14	10:00 AM	Mon - Thurs	2116.214
3	8/4 - 8/14	11:00 AM	Mon - Thurs	2121.214
3	8/4 - 8/14	11:00 AM	Mon - Thurs	2122.214
3	8/4 - 8/14	5:45 PM	Mon - Thurs	2126.214
4	8/4 - 8/14	9:00 AM	Mon - Thurs	2111.214
4	8/4 - 8/14	10:00 AM	Mon - Thurs	2117.214
4	8/4 - 8/14	11:00 AM	Mon - Thurs	2123.214
4	8/4 - 8/14	5:45 PM	Mon - Thurs	2127.214
5 & 6	8/4 - 8/14	9:00 AM	Mon - Thurs	2128.214
5 & 6	8/4 - 8/14	10:00 AM	Mon - Thurs	2118.214
6	8/4 - 8/14	11:00 AM	Mon - Thurs	2140.214

Summer Programs

CHILLY-WILLY WEDNESDAYS

Wednesday summer programs will meet at the designated parks. Chilly-Willy popsicles will be provided. Wear play clothes and bring bottled water. All programs will be facilitated by Recreation Program Specialist Taylor Morris. Please contact Taylor with questions, 704-920-5616 or morrist@concordnc.gov.

Min. 4; Max. 20 participants.

Time: 10:00 a.m. – 12:00 noon

Fee for each program: \$10; \$5 city resident discount

BRIGHT AS THE SKY TIE DYE

Activity #9011.114

Everyone should bring a white t-shirt, towel, pillowcase or pair of socks to brighten with color. We will create colorful works of art with the water balloon launcher and other fun techniques.

Day: 6/18Beverly Hills Park

FUN WITH THE SUN

Activity #9012.114

It is time for the longest days of light this year. We will use the sun to play, cook and guide us through the day.

Day: 6/25 at McGee Park

WATERMELON WEDNESDAY

Activity #9013.214

It's time again for the tastiest, stickiest Chilly-Willy Wednesday. The watermelon luge race is back and bigger than ever! And, prepare yourself for the watermelon eating contest!

Day: 7/9Hartsell Park

SUPER SOAKING SUMMER DAY

Activity #9014.214

Wet and wild, that's how we play at this year's Super Soaking Summer Day! With more water balloons and faster relays, we will be sure to stay cool. Bring goggles for eye protection.

Day: 7/16 Dorton Park

MUDDY BUDDY

Activity #9015.214

Let's dig deep into our imaginations, coming out muddy with crafts and games. We will be making mud pies, racing to spud in the mud and more. Wear your mud-making clothes and bring a change of clothes.

Day: 7/23Hartsell Park

COLOR CRAWL

Activity #9016.214

The world is our canvas as we splash color throughout the park! From crayon cakes, to sidewalk chalk lakes; we will fill the "canvas" with our bright imaginations.

Day: 8/6 McGee Park

SUPERSIZE GAME DAY

Activity #9017.214

We've got the games, but they are way bigger than normal! Imagine a board game the size of a basketball court! Imagine a golf ball the size of your head! Don't forget your BIG game face.

Date: 8/13 Dorton Park



3F PROGRAM (Family Friendly Fun)

The 3F Program is designed for families seeking fun together outdoors. This series will focus on teambuilding, creative exercises and insight to many outdoor adventures. The series will conclude with a Non-Violent Hunger Games challenge course, based on what we learn throughout the summer. Each program will meet at the designated park. Please contact Taylor Morris with questions, 704-920-5616 or morrist@concordnc.gov. Min. 6; Max. 30 participants.

Time: 4:00 – 6:00 p.m.

Pre-registration required

Fee: \$10 per family (up to 5 members) per activity date

GEOCACHING

Activity #9028.114

If your family enjoys adventures, challenging puzzles and being outdoors, then geocaching is the perfect activity for you. We will set out on a multi-cache quest encountering various challenges and eventually our treasures. Smart phones and personal GPS units are welcome.

Date: Thursday, 6/26 Dorton Park

Summer Programs

EXTREME TEAM

Activity #9029.214

Join us as we celebrate our strengths as one! We will participate in a variety of teambuilding activities and have a whole lot of fun.

Day: Tuesday, 7/1Beverly Hills Park

BALLOON BUSTERS

Activity #9030.214

Prepare for the most intense challenges yet. The balloons will fly, but some might just get you soaked. We will use the balloons for navigating, assistance, tagging and much more! Bring a change of clothes and goggles for eye protection.

Day: Tuesday, 7/8 Dorton Park

NATURE'S TREASURES

Activity #9031.214

We will escape into nature, traveling through space and time we will discover both familiar forms of life and those from other worlds. We will use tools to identify nature's treasures and from those treasures create our own to take home.

Day: Thursday, 7/22 McGee Park

RECYCLED FORT BUILDING

Activity #9032.214

Utilizing everyday household recyclables and gifts from nature we will construct impenetrable forts. These structures will be tested against human and nature's obstacles. Recyclables welcome.

Day: Thursday, 8/7 McGee Park

NON-VIOLENT HUNGER GAMES

Activity #9034.214

It is time to put our training to the test. We will geocache for our tools, I.D. useful plants, build our forts and prepare for balloon battle. Join us as we approach the ultimate challenges and combat for survival. Bring a change of clothes and goggles for eye protection.

Day: Thursday, 8/14 Dorton Park



OUTDOOR EXPLORERS

Ages 6-12. Do you ever wonder... what was that noise, why is that tree there, why don't tigers live here, why do we have to recycle that? If you have questions about nature, the environment or just



love to explore outdoors; then you are an Outdoor Explorer. We have fun investigating the outdoors through games and constructing crafts to take home to teach others about the world outside our doors. Bring a change of clothes and shoes for each day. Each program will meet at the designated park.

Min. 4; Max. 20 participants

Time: 10:00 a.m. – 12:00 noon

Fee: \$10; \$5 city resident discount

BUILDING FOR THE BIRDS & BUGS

Activity #9035.214

Join us as we explore the lives of the animals that fly. We will explore their habitats and create some to take home for the critters in our own backyards.

Day: Tuesday, 6/24

Dorton Park

A PEEK IN THE CREEK

Activity #9036.214

Where does it come from, where does it go? There are creeks everywhere and its time we explored and determined what is in them. Wear old tennis shoes or boots, sandals and flip flops are not recommended.

Day: Tuesday, 7/15

McGee Park

ART BY NATURE

Activity #9037.214

Explorers and artists are one in the same. Artists use their surroundings for inspiration and so shall we. Join us on a scavenger hunt identifying nature's riches and materials to create our own works of art.

Day: Tuesday, 8/5

McGee Park



Adult & Youth Art

Art and theater classes are instructed by Kelly Slusarick, who has twenty-plus years of experience teaching children of all ages.

YOUTH ART

DRAWING

Learn basic to intermediate drawing skills, art techniques and vocabulary. Students are introduced to a new subject matter at each class and learn a variety of art concepts including: still life, perspective, portraiture, realism/abstraction, color theory, composition skills, line and patterning. Min 4, Max 8 participants.

Days: Monday – Friday

Ages 6-9

SESSION I: 6/2 – 6/6

SESSION II: 6/30 – 7/4

SESSION III: 7/21 – 7/25

10:00 – 11:30 a.m.

Activity #5105.114

Activity #5105.214

Activity #5106.214

Ages 10-15

SESSION I: 6/2 – 6/6

SESSION II: 6/30 – 7/4

SESSION III: 7/21 – 7/25

12:30 – 2:00 p.m.

Activity #5107.114

Activity #5107.214

Activity #5108.214

Ages 16-18

SESSION I: 6/2 – 6/6

SESSION II: 6/30 – 7/4

SESSION III: 7/21 – 7/25

2:30 – 4:00 p.m.

Activity #5109.114

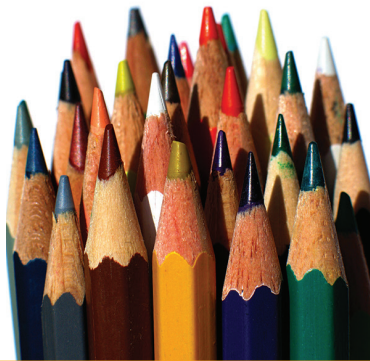
Activity #5109.214

Activity #5110.214

Fee: \$40; \$5 city resident discount

PLUS: \$15 materials fee payable to instructor at first class attending

Location: Community Room at Fire Station #7
250 International Dr. NW



PAINTING

Learn how to paint like a professional!

Techniques will be introduced into this traditional medium with new and contemporary ways to execute amazing, fun and fresh work. Drawing fundamentals will be incorporated with color mixing, layering, brush control, working with added mediums, preparing a canvas, and creating realism and abstract works. Min 4, Max 8 participants.

Days: Monday – Friday

Ages 6-9

SESSION I: 6/9 – 6/13

SESSION II: 7/28 – 8/1

10:00 – 11:30 a.m.

Activity #5111.114

Activity #5111.214

Ages 10-15

SESSION I: 6/9 – 6/13

SESSION II: 7/28 – 8/1

12:30 – 2:00 p.m.

Activity #5112.114

Activity #5112.214

Ages 16-18

SESSION I: 6/9 – 6/13

SESSION II: 7/28 – 8/1

2:30 – 4:00 p.m.

Activity #5113.114

Activity #5113.214

Fee: \$50; \$5 city resident discount

PLUS: \$15 materials fee payable to instructor at first class attending

Location: Community Room at Fire Station #7
250 International Dr. NW



ADULT

QUILTING

Enjoy creating a lifetime keepsake. Open to beginner and intermediate quilters. For a materials list call 704.920.5603.

DAY Class

Instructor: Carolyn Sweet

Day: Tuesday, 9:00 a.m. – 12:00 p.m.

SESSION I: 6/17 – 8/5

Activity #5017.114

SESSION II: 8/19 – 10/7

Activity #5018.214

Fee: \$40; \$5 city resident discount

Location: Logan Multi-Purpose Center

EVENING Class

This class is self-instructed

Day: Thursday, 7:00 – 9:00 p.m.

SESSION I: 6/12 – 7/31

Activity #5022.114

SESSION II: 8/7 – 9/25

Activity #5023.214

Fee: \$30; \$5 city resident discount

Location: Fire Station #7,
250 International Drive NW

Youth Activities



THE MUSICAL ADVENTURES OF FLAT STANLEY CAMP

Activity #5116.214

For ages 6-15. This beloved 1964 children's book written by Jeff Brown has become a literary and pop cultural phenomenon – delighting readers and travelers all around the world. And now Musical Theatre International has taken everyone's favorite two-dimensional hero and given him a new life on the stage. We'll do just that in this two week camp!

Days: Monday, Wednesday, Thursday, Friday & Saturday

7/7 – 7/18

11:00 a.m. – 3:00 p.m.

Fee: \$300 for two week camp

Includes: script, CD, daily snack

Location: Academy Recreation Center Activity Room

THEATER

THE DAY THE CRAYONS QUIT

Activity #9026.414

For ages 6-12. Duncan wants to color, but when opening his box of crayons finds only letters saying the crayons have had enough! They quit! What can Duncan possibly do to appease all of the crayons and get them back to doing what they do best? This action packed story will be told through song and creative movement. Such great classic songs as "It's Not Easy Being Green", "Blue Suede Shoes", "Purple People Eater" and more. Min. 7 participants.

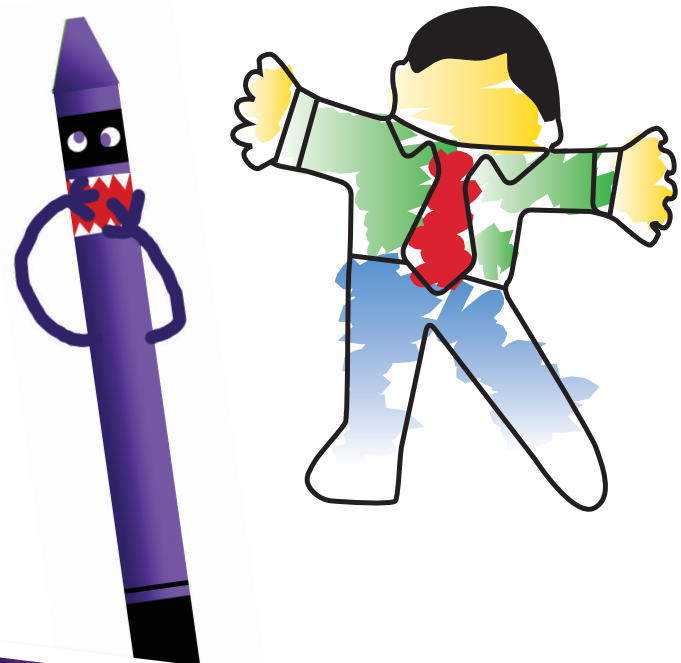
Days: Monday, Wednesday, Thursday & Friday
6/16 – 6/27

10:00 a.m. – 12:00 noon

Fee: \$200 for two week camp

Includes: script, CD, daily snack

Location: Academy Recreation Center Activity Room



GLEE CAMP

Activity #5115.114

For ages 13-18. This intensive 2 weeks of vocal coaching and choreography, inspired by the breakout musical-comedy TV show, will immerse teens in their favorite songs as they work on both large and small group numbers. They will be coached in healthy vocal technique and style, stage presence, mic technique, movement and staging. Glee Camp provides kids with a chance to form friendships and confidence in a challenging, supportive setting, while giving them skills to bring back to their own school choruses and glee clubs. Min. 6; Max. 12 participants.

Days: Monday, Wednesday, Thursday & Friday
6/16 – 6/27

2:00 – 4:00 p.m.

Fee: \$200 for two week camp

Includes: script, CD, daily snack

Location: Academy Recreation Center Activity Room



Adult Fitness Classes

A variety of fitness classes are offered. Many of our instructors hold nationally recognized certifications and all have significant training and experience. Minimum of eight participants per class.



Michelle Colombero

Michelle has taught for 14 years. She is certified in: Phase III Mat Pilates, Phase II Yoga, Older Adults, Mind Body Personal Training, Weight Management Consultant and Phase II Master Personal Trainer.

PERSONAL TRAINING

Activity #4031.414

Master Personal trainer Michelle Colombero will design a 1 hour fitness program that will help you get motivated and feel great! Your session will include strength training for your upper and lower body, a cardiovascular component, nutritional consultation and flexibility exercises.

Fee: \$40 per 1 hour session; \$5 city resident discount.

Location: Academy Recreation Center

PILATES

Improve your core strength, flexibility and balance while building strength without bulk. The workout incorporates bands, weights and fitness balls as well as combining yoga techniques. Max. 20 participants.

Days: Monday & Wednesday

7:00 – 8:00 p.m.

SESSION I: 6/23 – 7/30

Activity #4048.214

SESSION II: 8/4 – 9/17

Activity #4049.214

NO Class 9/1, 9/3

Fee per 6 week session: \$35; \$5 city resident discount.

Location: Academy Recreation Center



SATURDAY YOGA

Enjoy the asanas (postures), breathing and stretching that will help you feel flexible and relaxed. Closing with Savasana and Meditation. Wear comfortable clothes. Max. 20 participants.

Day: Saturday

9:00 – 10:00 a.m.

SESSION I: 6/14 – 7/26

Activity #4063.214

NO Class 7/5

SESSION II: 8/2 – 9/13

Activity #4064.214

NO Class 8/30

Fee per 6 week session: \$20; \$5 city resident discount

Location: Academy Recreation Center

Dawn Grant

Dawn has been teaching group fitness since 2010. She holds National Aquatic Certification and certifications in Sports Conditioning and Kick Up Your Cardio Combos training in Subtle Yoga, Vinyasa Yoga and Immersion, Prenatal Yoga and many other specialized trainings.

CHAIR YOGA

Designed for those with limitations. We will work on stretching and strengthening of the body for more flexibility and pain management.

Day: Tuesday

10:30 – 11:30 a.m.

SESSION I: 6/17 – 7/22

Activity #4029.114

SESSION II: 8/5 – 9/9

Activity #4030.214

Fee per 6 week session: \$20; \$5 city resident discount

Location: Academy Recreation Center

GENTLE YOGA

Basic Gentle Yoga to center the body and the mind with an emphasis on meditation. Wear comfortable clothes and bring a blanket for comfort.

Day: Tuesday

12:00 noon – 1:30 p.m.

SESSION I: 6/17 – 7/22

Activity #4032.114

SESSION II: 8/5 – 9/9

Activity #4033.214

Fee per 6 week session: \$28; \$5 city resident discount

Location: Academy Recreation Center

HARMONY YOGA

This yoga class brings the body and mind into harmony through subtle movements with an emphasis on meditation. Wear comfortable clothes and bring a blanket for comfort.

Day: Tuesday

6:00 – 7:30 p.m.

SESSION I: 6/17 – 7/22

Activity #4035.114

SESSION II: 8/5 – 9/9

Activity #4036.214

Fee per 6 week session: \$28; \$5 city resident discount

Location: Academy Recreation Center

NEW!

YOGA IN THE PARK

Activity #8076.114

Ages 13 and up. Bring the body and mind into harmony with nature through subtle yoga movements. Wear comfortable clothes and bring a yoga mat, water and beach towel. Arrive 15 minutes before class to register.

Instructor: Dawn Grant

Day: Thursday

6:00 – 7:30 p.m.

6/5 – 8/14; NO Class 6/19, 7/3 & 7/31

Fee: \$3 per class

**Location: Dorton Park, 5790 Poplar Tent Road
Shelter #3, Beside the tennis courts**

Adult Fitness Classes

Vickie Fisher

A certified group fitness instructor, Vickie has taught through Parks & Recreation for over 12 years.



FITNASTICS

This low impact class incorporates resistance training with strength exercises using bands and weights. Bands furnished by the instructor. Bring your own 2 lb. weights, mat and water bottle.

Days: Tuesday & Thursday

9:00 – 10:00 a.m.

SESSION I: 6/10 – 7/24

Activity #4058.114

NO class 7/1, 7/3

SESSION II: 7/29 – 9/24

Activity #4059.214

Fee per 6 week session: \$35; \$5 city resident discount.

Location: Hartsell Recreation Center



Joy Dry

AFAA Certified Personal Trainer & Group Fitness Instructor. All classes are in the Fitness Room at Academy Recreation Center.

Fee per 6 week session: \$20; \$5 city resident discount

CARDIO COMBO

A combination of cardio exercises using the step and hi/lo exercises on the floor. Weights will be used in interval format or at the end of class followed by abs and stretching. Weights provided. Great class for all levels.

Day: Monday

5:30 – 6:30 p.m.

SESSION I: 7/7 – 8/11

Activity #4051.214

SESSION II: 8/18 – 9/29

Activity #4052.214

NO class 9/1

BODY BLITZ

Weight & strength training to work your whole body. Every muscle group will be targeted using weights, your body weight and various other equipment. Weights provided.

Day: Wednesday

5:30 – 6:30 p.m.

SESSION I: 7/9 – 8/13

Activity #4053.214

SESSION II: 8/20 – 10/1

Activity #4054.214

NO class 9/3



ZUMBA

This dynamic fitness format combines fast and slow rhythms to tone and sculpt the body.

Fee: \$3.00 per class* except when instructed at a non-city facility.

MONDAY & WEDNESDAY

6:30 – 7:30 p.m.

Instructor: Michelle Briggs

Location: Logan Multipurpose Center

TUESDAY

7:00 – 8:00 p.m.

Instructor: Ursula Barrie

Location: Logan Multipurpose Center

TUESDAY & THURSDAY

8:00 – 9:00 p.m.

Instructor: Tuwanna McNeely.

Location: Hartsell Recreation Center

SATURDAY

10:00 – 11:00 a.m.

Instructor: Ursula Barrier

Location: Logan Multipurpose Center

FIT & FABULOUS

Activity #4062.114

Stay fit and fabulous with this great group of senior adults. Enjoy walking, range of motion, strength exercises and fellowship. Monthly luncheons, local trips and an occasional surprise are included. Summer session limited to 20 registrants. Instructor: Dawn Grant

Day: Wednesday

6/11 – 8/20

10:00 – 11:00 a.m.

Fee: \$10; \$5 city resident discount

Location: Academy Recreation Center



Special Interest



See page 3
for details.

STREETLIGHT 5K FROLIC

Families are invited to join us downtown during the Streetlight 5K. Spend the evening cheering on your friends and family running in the 5K while your children enjoy the inflatable amusements. Watts Left will perform during the event.

Day: Friday, 7/11

Time: 6:00 – 9:00 p.m.

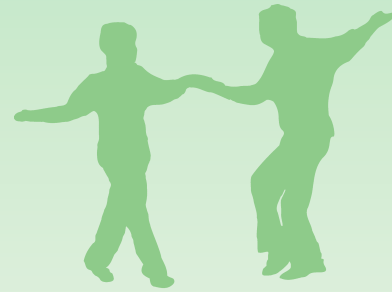
Location: Union Street



CAROLINA SHAG DANCE CLASS

Learn the fundamentals of the dance that originated in the Carolinas. Open to singles and couples. Min. 10 participants. **MUST pre-register.**

Instructor: Patty Blackmon



JUNE Session: Thursday, 6/5 – 6/26

BEGINNERS: 6:30 – 7:30 p.m.

Activity #8060.114

INTERMEDIATE: 7:30 – 8:30 p.m.

Activity #8066.114

ADVANCED: 8:30 – 9:30 p.m.

Activity #8069.114

JULY Session: Thursday, 7/10 – 7/31

BEGINNERS: 6:30 – 7:30 p.m.

Activity #8061.214

INTERMEDIATE: 7:30 – 8:30 p.m.

Activity #8067.214

ADVANCED: 8:30 – 9:30 p.m.

Activity #8070.214

AUGUST Session: Thursday, 8/7 – 8/28

BEGINNERS: 6:30 – 7:30 p.m.

Activity #8062.214

INTERMEDIATE: 7:30 – 8:30 p.m.

Activity #8068.214

ADVANCED: 8:30 – 9:30 p.m.

Activity #8071.214

Fee per session: \$35, \$5 city resident discount

Location: Academy Recreation Center

TRIP

Enjoy traveling and leave the driving to us! All trips depart from "The Village" located across from First Assembly on 280 Concord Parkway South in Concord, 28027. Please park in the parking lot north of Big Lots, across from Arby's. Plan to arrive 30 minutes before departure for trips. Pre-registration is required.

HISTORIC YORK COUNTY, SC

Activity #7007.114

Let's cross over the South Carolina border and take a step back in time. We will play witness to the Carolina's "Ice Ages" through the changes of landscapes and wildlife up until 600 years ago and today. The Museum of York County will be our first stop where we will experience several special exhibits featuring the Carolinas' unique changes. Our next adventure will set us in the 1760's in today's Historic Brattonsville. While encountering the living history of this 775 acre Revolutionary War site, we will discover the exclusive features of the Bratton Plantation.

Day: Thursday, 6/19

Bus Departs: 8:45 a.m.; Returning: 5:00 – 5:30 p.m.

Fee: \$26 plus cost of meal



BOOT CAMP IN THE PARK

This outdoor extreme fitness class will focus on levels of exercise incorporating cardio drills, resistance training with your body weight and core workouts. Medical clearance required for those over 40 years of age. Bring bottled

water, mat or towel and a pair of hand weights. Must be 18 years of age. Min. 5 participants.

Instructor: Joy Dry

Days: Monday, Wednesday & Thursday

5:00 – 6:00 a.m. (9 classes per session)

SESSION I: 6/2 – 6/19

Activity #8072.114

SESSION II: 7/7 – 7/24

Activity #8073.214

SESSION III: 7/28 – 8/14

Activity #8074.214

SESSION IV: 8/18 – 9/4

Activity #8075.214

NO Class 9/1

Fee per session: \$40; \$5 city resident discount

Location: Les Myers Park Ball Field

REGISTRATION PROCESS

Registration is on a first-come, first-served basis. Fees are due and payable upon registration. A registration form for our classes is included below. A signed registration form is required for participation in all programs. Please note: Summer Playground, Athletic Programs and Special Events require different registration forms. Please call for the appropriate form or download from our web site at www.concordparksandrec.org.

There are three ways you can register for classes or programs:

1 Mail: Complete this registration form, include payment and mail to:
Concord Parks & Recreation Department
P.O. Box 308, Concord, NC 28026-0308

2 Online: For your convenience, some classes and programs are now available through online registration. Please visit our web site at www.concordparksandrec.org to see if online registration is available for your class or program. Online registration payment can be made with your credit or debit card. A user fee is applied to online charge payments.

3 Walk-in: Complete this registration form and bring with payment to:
Academy Recreation Center
147 Academy Avenue NW,
Concord, NC 28025

City Resident Discount: Many of our activities and programs offer discounts to City of Concord Residents due to contributions to the local tax base. If a discount is offered, it is shown as a City Resident Discount, and if applicable, this amount will be deducted from the program fee as indicated. This discount applies to registration fees and not to supplies, materials, equipment, etc. You are a resident if you reside within the City Limits of Concord. If you are still not sure please call 704.920.5600. Please call 704.920.5600 or email us at recreation@concordnc.gov if you have any questions or concerns.

MAILING ADDRESS:

Concord Parks & Recreation
P. O. Box 308
Concord, NC 28026-0308
147 Academy Avenue, NW
Tel. 704.920.5600 | Fax 704.792.1971
www.concordparksandrec.org

Administrative Office • 704.920.5600

147 Academy Avenue, NW

Academy Recreation Center • 704.920.5601

147 Academy Avenue, NW

Beverly Hills Park • 704.920.5601

631 Miramar Street, NE

Marvin Caldwell Park • 704.920.5603

362 Georgia Street, SW

James L. Dorton Park • 704.920.5602

5790 Poplar Tent Road

Gibson Field

704.784.2616 or 704.920.5617

321 Misenheimer Avenue, NW

Hartsell Recreation Center • 704.920.5602

60 Hartsell School Road

Hartsell Field Complex

704.788.9325 or 704.920.5617

30 Swink Street, NW

Hartsell Park • 704.920.5602

65 Sunderland Road

Lake Fisher Reservoir Boat Rentals

704.920.5618 or 704.938.1327

5099 Lake Fisher Road

(Seasonal) March-October

Logan Multi-Purpose Center • 704.920.5603

184 Booker St., SW

McAllister Field

704.786.0157 or 704.920.5617

160 Crowell Drive, NW

Harold B. McEachern Greenway

704.920.5600

Enter at Les Myers Park or

J. W. McGee, Jr. Park

The Village Greenway • 704.920.5601

175 Academy Avenue, NW

J. W. "Mickey" McGee, Jr. Park

704.920.5601

219 Corban Avenue, East

John F. McInnis Aquatic Center

704.785.8105

151 Academy Avenue, NW

(Seasonal, May-August)

Les Myers Park • 704.920.5601

338 Lawndale Avenue

Rocky River Golf Club at Concord

704.455.1200

6500 Bruton Smith Blvd.

W. W. Flowe Park • 704.920.5603

99 Central Heights Drive

Webb Field

704.786.8406 or 704.920.5617

165 Academy Avenue, NW

PARKS HOURS:

April - October

Open daily from 8:00 a.m. until 9:00 p.m.
Lighted field and court facilities
close at 11:00 p.m.

November - March

Open daily from 8:00 a.m. until 7:00 p.m.
Lighted field and court facilities
close at 10:00 p.m.

Registration Form (PLEASE PRINT)

Participant's Name _____

Home Phone _____

Work Phone _____

Cell Phone _____

Do you want to receive texts? Yes ☐ No ☐

Address _____

City _____ State _____ Zip _____

Email _____

Activity/Trip _____

Activity/Trip Site _____

Dates: From _____ To _____

Time: _____ (am/pm) on M T W TH F SAT SUN (PLEASE CIRCLE)

I agree to release and hold harmless the City of Concord and its staff from any and all claims for personal injury, property loss or any other loss that may arise out of or during participation in this program. I understand that pre-registration in my class is on a first-come, first-served basis, and that the Concord Parks & Recreation Department, its staff, facilities, and instructors will not be held responsible for any injury or loss that might occur in the course of the program. The department reserves the right to cancel or modify programs due to enrollment, weather or other situations that are deemed necessary. Refunds may be made in cases in which changes in class day, time or site prevent participation. I understand that photographs may be taken during the program for departmental use. Registration fee is enclosed (if applicable).

Registrant's Signature _____

(Parent's signature if registrant is under 18)

Residency (PLEASE CHECK ONE) City of Concord Resident ☐ Non-Resident ☐

Date _____ Fee Enclosed _____

Please make check payable to City of Concord

We look forward to seeing you in our parks and on our greenways.

NEW!

Summer Activities

For Families. Join the **3F Program** for challenges, new experiences and camaraderie with your entire family! For more information, see page 12.

Ages 13 and up. Connect mind, body and nature with **Yoga In The Park**. Enjoy a daily cool down and health enrichment. For more information, see page 16.

Whether you're seeking excitement, entertainment, exploration or simply peace of mind; we have the outdoor programs you've been looking for. Check out the Summer Programs and Special Interest pages in this issue for more details. Still want more information? Call at 704.920.5600 or visit our website at www.concordparksandrec.org.



We hope Leisure Times gives you an insight into what Concord Parks & Recreation offers this year. The thrust of each publication is to be a convenient reference to assist you in making selections for a healthy life style.

We now offer text messaging to you so that you may stay current on programs and athletic changes.



Stay updated on new programs and events by liking us on Facebook: www.facebook.com/concordncparksandrec

Feel free to contact us or visit our website if you have any questions concerning our facilities. You can find our contact information in this issue or on our website www.concordparksandrec.org.



NEW!

Farmers Market

Day: Thursdays

4:00 – 7:00 pm

Location: Les Myers Park

Lower parking lot
338 Lawndale Ave, SE

There is no better time to invest in a healthy future than today.



Mayor & City Council

Mayor, J. Scott Padgett

David W. Phillips

District 1

Jim Ramseur

District 2

Ella Mae Small

District 3

Alfred M. Brown, Jr.

District 4

W. Lamar Barrier

District 5

Jennifer H. Parsley

District 6

John A. Sweat, Jr.

District 7